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## Get Moving Challenge

You have made a commitment to become more physically active. Use this guide to challenge yourself to get moving and keep moving. Complete each activity for at least 30 minutes. Mark off each challenge completed to see how active you have become.

Monday	Tuesday	Wednesday	Thursday	Friday
 Jump rope	 Hopscotch	 Playground	 Kick a ball around	 Walk with a friend
 Dance	 Yoga	 Ride a Bike	 Hula Hoop	 Play Tag with friends
 Kick a ball around	 Walk with a friend	 Jump rope	 Hopscotch	 Yoga
 Ride a Bike	 Dance	 Hula Hoop	 Yoga	 Playground
 Hopscotch	 Kick a ball around	 Play Tag with friends	 Ride a Bike	 Jump rope

